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Sports First Aid ASEP Test| 2023/ 2024 Update |100% Correct| Questions and Verified Answers

QUESTION
An athlete who has the "wind knocked out" of her probably was hit in the:

Answer:
c. solar plexus

QUESTION
Which of the following is effective in helping an athlete prevent an asthma attack during practice?

Answer:
e. all of the above

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(use inhaler as prescribed by Dr, rest, athlete should self-monitor, and coach needs to be mindful of risk to SA in a triggering environment)

QUESTION
You can help prevent the spread of bronchitis from an infected athlete to others by:

Answer:
d. all of the above

(prevent sharing towels & water bottles with the sick athlete, then emphasize hand washing)

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QUESTION
If an athlete shows signs and symptoms of a mild concussion, you should

Answer:
e. b and c

(assign someone to monitor the athlete for signs of condition worsening AND notify parents, ask them to take athlete to Dr.)

QUESTION
A gymnast takes a hard fall on her lower back. You can't feel her spine without moving her. You could check for a spinal cord injury by:

Answer:
e. all of the above

(-ask her to try to move her fingers and toes
-touching her finger, and ask which finger you're touching
-having her squeeze your fingers with each hand
-touching her toe and asking her which toe you're touching)

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QUESTION
If you suspect a mild concussion in an athlete, what should you do?

Answer:
b. Remove athlete from play and continue to monitor.

QUESTION
Minor blows to the head never lead to long-term brain injury.

Answer:
b. false

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QUESTION
Toe touches can compress discs and possibly cause them to rupture.

Answer:
a. true

QUESTION
Which illness or condition can increase an athlete's risk of suffering a spleen injury?

Answer:
c. mononucleosis

QUESTION
Which of the following is a sign or symptom of advanced-stage ruptured spleen?

Answer:
c. pain in the left shoulder or the neck

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QUESTION
Pain in the lower abdomen (pelvic area) is a sign of a potentially life-threatening kidney contusion.

Answer:
a. true

QUESTION
An athlete experiencing an insulin reaction has:

Answer:
c. hypoglycemia

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